

YOUTH PROGRAMS

Classes by Gym Trix



These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Please note, parents must remain outside the room during class.

Days: Tuesdays
Dates: Monthly Sessions
Fee: \$40/month

Wee Gymnastics

This is a half hour parent participation gymnastics class. Students and parents will go over basic gymnastics skills as well as games.

Time: 5:45-6:15 p.m.
Ages: 1-2

Kindergym 1

This 45 minute gymnastics class will go over elementary gymnastics skills on the floor, low balance beam, and mini bar.

Time: 5:00-5:45 p.m.
Ages: 3-5

Kindergym 2

This advanced level gymnastics class will progress gymnastics skills on the floor, low balance beam, and mini bar. Registration for Kindergym 2 requires prior approval from instructor..

Time: 6:15-7:00 pm
Ages: 4-6

Tumbling1

This aclass will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Please wear athletic shoes to class.

Time: 3:30-4:15 p.m.
Ages: 6 & up

Tumbling 2

This advanced level class will go over tumbling skills such as bridge kickovers, back handsprings and round off back handsprings, as well as advanced cheer skills. Please wear athletic shoes to class. Registration for Tumbling 2 requires prior approval. from instructor

Time: 4:15-5:00 p.m.
Ages: 6 & up



★ NEW Tang Soo Do



Our students build confidence and are taught respect, self-control and how to set and achieve goals. Students are taught self-defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined, manner. Families are encouraged to participate together and discounts are offered for additional family members.

Dates: Monthly Sessions
Days/Time: Tuesdays 7:00-8:00,
Wednesdays 4:00-5:30, Fridays 5:00-6:30
Age: 6 & up **Fee:** \$60 per month

★ NEW Little Dragons



Little Dragon Martial Arts is designed to introduce 3 to 6 year olds into martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training for 3 to 6 year old children will improve hand/eye and footwork coordination through exercises designed specifically for their age. They will also learn the basic principles of martial arts while having fun.

Dates: Monthly Sessions
Days: Fridays **Time:** 4:00-5:00
Age: 3-6 **Fee:** \$40 per month